

Student's Assessment Number.....

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL OF TANZANIA
FORM TWO NATIONAL ASSESSMENT

050

HOME ECONOMICS

Time: 2:30 Hours

Year: 2022

Instructions

1. This paper consists of sections **A**, **B** and **C** with a total of **ten (10)** questions.
2. Answer **all** questions.
3. Section **A** and **C** carry **fifteen (15)** marks each, section **B** carries **seventy (70)** marks.
4. Cellular phones and any unauthorized materials are **not** allowed in the assessment room.
5. Write your **Assessment Number** at the top right hand corner of every page.

FOR ASSESSOR'S USE ONLY		
QUESTION NUMBER	SCORE	ASSESSOR'S INITIALS
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL		
CHECKER'S INITIALS		



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SECTION A (15 MARKS)

Answer all questions in this section

1. Choose the correct answer from the given alternatives and write its letter in the box provided.

i) An adolescent must be clean, smart and in good health in order to maintain acceptable standards of personal hygiene. Which roles should be applied to enhance such condition?

- A. Eating a balanced diet, doing simple exercise and resting.
- B. Eating energy giving foods, walking a while and resting.
- C. Eating balance diet, visiting hospitals regularly and resting.
- D. Eating food rich in vitamins, doing simple exercise and resting.

ii) Food vendors should be trained on proper disposal of waste and be emphasized to keep all utensils and surfaces clean. What will happen if they will successfully utilise the knowledge obtained in their area?

- A. Pests will breed on those surfaces.
- B. Rodents will disturb the consumers.
- C. Pests will eat left overs on dirt utensils.
- D. Flies and vermin will be controlled.

iii) Your friend wants to decorate his living room. Which type of soft furnishings would you recommend?

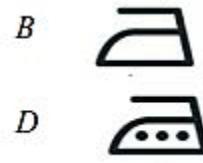
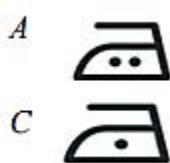
- A. Cushions and sofa
- B. Lines and bean bag
- C. Carpets and curtains
- D. Sofa set and loose covers.

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iv) Why are stainless steel knives mostly recommended to be used in the kitchen?

- A. They do not discolour.
- B. They have good cutting edges.
- C. They have strong handles.
- D. They are easy to clean.

v) Your colleague burnt a new silk garment during ironing due to inadequate knowledge on the symbols indicating ironing instructions. Which ironing symbol represents the correct temperature he would have used?



vi) Why is it advised to place a piece of cloth under the presser foot after oiling the sewing machine?

- A. To collect the oil in the shuttle case
- B. To show the amount of oil used
- C. To absorb excess oil from the machine
- D. To lubricate the parts of machine

vii) Pregnancy is a stage accompanied by several signs which may develop throughout the period. Which is the early sign to occur?

- A. Difficult to sleep comfortably
- B. Cessation of the menstrual period
- C. Enlargement of the abdomen
- D. Frequent passing of urine

viii) Vegetables contain water soluble vitamins that are easily destroyed during food preparation and cooking. You are asked to chat with expectant mothers at RCH centre on how to conserve such nutrients during cooking. Which one

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are the best practices?

- a) Cover the pan with a lid during cooking.
- b) Excess cooking liquid should be served as sauces and grades.
- c) Extra cooking liquids should be discarded.
- d) Soak before washing and use plenty of water to wash.
- e) Use a minimum quantity of water.
 - A. (a), (c) and (d)
 - B. (a), (b), and (d)
 - C. (c), (d) and (e)
 - D. (a), (b) and (e)

ix) Your home economics teacher advised you to use a heavy-based pan during frying. Why is it advised to use it?

- A. It retains heat and allows slow cooking.
- B. It prevents cooking oil from splitting.
- C. It allows the food to cook quickly.
- D. It allows even distribution of heat.

x) Your friend is asked to make a bottom hem on a flannel skirt and has requested for assistance from you on the appropriate use for tacking stitch. Which type would you recommend to be used to hold such hem in position?

- A. Long and short tacking
- B. Tailors tacking
- C. Diagonal tacking
- D. Even tacking

2. Match the symptoms of children ailments in **List A** with the name of disease in **List B** by writing the letter of the correct answer below the item number in the table provided.

LIST A	LIST B
i) The disease characterized by coughing, weight loss, fever, night sweat and weakness.	A. Diphtheria
ii) An infection that start off with severe cold accompanied by coughing, sneezing and later rashes appear.	B. Measles
iii) A disease that starts with a cold and feverish feeling and later in paralysis.	C. Pertussis
iv) An infection of the respiratory track that starts off with feverish cold and hoarse cough.	D. Pneumonia
v) An infection characterized by rapid cough, vomiting during or after coughing and exhaustion.	E. Poliomyelitis
	F. Scabies
	G. Tetanus
	H. Tuberculosis

List A	(i)	(ii)	(iii)	(iv)	(v)
List B					

SECTION B (70 MARKS)

Answer **all** questions from this section

3. Your friend wants to buy a carpet for his living room and he has asked for assistance from you as he is not conversant with it. Advise him by:

a) Briefly explaining the importance of using a carpet in room. (Give four points).

(i)

(ii)

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(iii)

(iv)

b) Explaining four factors to be considered when choosing carpets.

(i)

(ii)

(iii)

(iv)

c) Outlining the care of carpets (Provide four points).

(i)

(ii)

(iii)

(iv)

4. After submitting the samples of stitches prepared in the class, the teacher observed that you are the only one who did the work correctly. Advise your fellow students on:

a) The rules to be observed in order to obtain good stitches. (Provide five rules).

(i)

(ii)

(iii)

(iv)

(v)

b) The use of the following stitches during garment making.

(i) Diagonal tackling

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(ii) Slip basting

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(iii) Tailor's tacking

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c) The differences between temporary stitches and permanent stitches.

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5. You have a new housemaid who feels lazy to cook and is not even aware of various cooking methods. She prefers to prepare raw food like salads and eating cold foods. Advise her on:

a) The importance of cooking food (Give five points).

(i)

(ii)

(iii)

(iv)

(v)

b) Five factors to be considered when choosing the cooking method for preparing various foods.

(i)

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- (ii)
- (iii)
- (iv)
- (v)

6. Your young brother has obesity and the doctor advised him to reduce eating food rich in fats and increase the intake of dietary fibre. Explain to him:

a) The importance of dietary fibres

- (i)
- (ii)
- (iii)
- (iv)

b) The function of fat in the body

- (i)
- (ii)
- (iii)
- (iv)

c) Food sources for:

(i) Fat (Give two sources)

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-

(ii) Dietary fibres (Give two sources)

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7. Your aunt attended a short course on tailoring but she failed to perform some procedure for using the sewing machine and asked you for assistance, Explain to her:

a) Four steps to be followed when threading sewing machine before you start

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working.

- (i)
- (ii)
- (iii)
- (iv)

b) How to solve the thread breaking while sewing.

- (i)
- (ii)
- (iii)
- (iv)

c) How to turn corner when sewing.

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8. Members in your community are complaining that, “it is wastage of time to involve them in ensuring sanitation.”

a) Briefly explain the importance of maintaining sanitation. (Use five points).

- (i)
- (ii)
- (iii)
- (iv)
- (v)

b) Outline five ideas on how the community, will overcome the outbreak of

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diseases resulting from poor sanitation.

- (i)
- (ii)
- (iii)
- (iv)
- (v)

9. Your sister cut her finger and stained her cloth while preparing meals for her family. She requested for assistance on how to wash her cloth as she knows nothing about how to remove stains in clothes.

a) Briefly explain the procedure for removing blood stains on a cloth.

- (i)
- (ii)
- (iii)
- (iv)

b) Briefly explain the effect of using hot water when removing blood stain.

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c) State rules to be observed when removing stains.

- (i)
- (ii)
- (iii)
- (iv)

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SECTION C (15 MARKS)

Answer **all** questions from this section

10. Kitchen is a place where if hygiene is not adhered to well cause several accidents.

Justify this statement by:

- a) Explaining four causes of accidents in a kitchen.
- b) Describing four measures to be taken to minimize accidents in the kitchen.

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